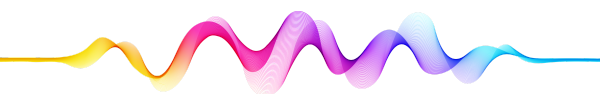




# SOUND HEALING



Sound has been used as a tool for healing in many spiritual and sacred traditions across the world throughout time. Sound healing is so much more than just hearing with our ears! The harmonic sounds of instruments, paired with the power of intention, act as a focal point for the mind to rest. This allows us to enter deep states of relaxation and meditation. These healing vibrations can help reduce stress and improve overall health.

Experience a sacred sound offering this October!

10/7 - Drum & Dance Circle  
10/11 - Qigong & Sound  
10/20 - Toning with Singing Bowls  
10/25 - Qigong & Sound  
10/27 - Sound Meditation

**Toivo is a Center for Holistic Healing. Toivo is the Finnish word for "HOPE".**

**Our lived experience related to mental health, substance use, and trauma allow us to share mind-body practices with accessibility, awareness, and understanding.**

**Toivo offers a sacred space to explore holistic healing practices and intentional living. We believe these spaces act as a catalyst to healing the whole self, and the collective community.**

**Our offerings are donation based. Your presence is enough, and any contributions are appreciated.**

**(860) 296-2338  
[connect@toivocenter.org](mailto:connect@toivocenter.org)**

**Toivo is an initiative of  
Advocacy Unlimited**

## Toivo Offerings October 2022



**1477 Park St  
Hartford, CT  
Suite 102**

**COME AS YOU ARE**



# OCTOBER 2022

**Key Code**  
**Alt2Su= Alternatives to Suicide**  
**WG= Women's Group**

\*In person offerings are purple & underlined

Visit [toivocenter.org/calendar/](https://toivocenter.org/calendar/) for more info

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 12-1pm Yoga en Español 3:30-5pm Alt2Su 6:30-7:30pm WG	4 <u>10-11am Yoga</u>	5 <u>2-3pm Chair Yoga</u> <u>5-6:30pm Alt2Su</u> 5-6pm Writing Group 6:30-7:30pm WG	6 <u>1-2:30pm</u> <u>Intuitive Watercolor</u> <u>Painting</u> 6-7pm Zumba	7 6:30-7:30pm WG <u>6:30-8pm</u> <u>Drum &amp; Dance Circle</u>	8
9	10 CLOSED FOR INDIGENOUS PEOPLE'S DAY 6:30-7:30pm WG	11 <u>10-11am Yoga</u> <u>6-7pm Qigong &amp; Sound</u>	12 <u>2-3pm Chair Yoga</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	13 <u>1-2:30pm</u> <u>Intuitive Watercolor</u> <u>Painting</u>	14 6:30-7:30pm WG	15 <u>9:30-11am</u> <u>Valley Qigong &amp; Tea</u>
16	17 3:30-5pm Alt2Su 6:30-7:30pm WG	18 <u>10-11am Yoga</u>	19 <u>12:30-1:30pm</u> <u>Creative Expressions</u> <u>2-3pm Chair Yoga</u> 5-6pm Writing Group <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	20 6-7pm Zumba <u>7-8pm</u> <u>Toning with Singing Bowls</u>	21 6:30-7:30pm WG	22
23	24 <u>12:30-1:30pm Walk &amp; Talk</u> 3:30-5pm Alt2Su 6:30-7:30pm WG	25 <u>10-11am Yoga</u> <u>6-7pm Qigong &amp; Sound</u>	26 <u>12:30-1:30 pm</u> <u>Meditative Coloring</u> <u>2-3pm Chair Yoga</u> <u>3:30-4:30pm</u> <u>Health &amp; Nutrition</u> <u>5-6:30pm Alt2Su</u> 6:30-7:30pm WG	27 <u>7-8pm</u> <u>Sound Meditation</u>	28 6:30-7:30pm WG	29 <u>9:30-11am</u> <u>Valley Qigong &amp; Tea</u>
30	31 3:30-5pm Alt2Su 6:30-7:30pm WG					